



Spouse Information Meeting (SIM)

August 2013

**Supporting each Warrior, Family and Community with
sustainable services, ensuring power projection
readiness from Hawaii**

We are the Army's Home



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Agenda

- Opening Remarks (USAG-HI Commander / Senior Spouse)
- Spotlight Brief – AFAP
- Spotlight Brief – Joint Spouses’ Conference 2013 Registration
- Spotlight Brief – CSF2 Training Center
- Spotlight Brief – Health Fair / Promotions / Clinic Update
- Spotlight Brief – Nixle (Reverse 911 Alert Service) / FACEBOOK
- Spotlight Brief – SOAR
- One Item of Interest to All (Service Providers)
- SIM Topic Annual Planner (Facilitator)
- Closing Remarks (USAG-HI Commander / Senior Spouse)



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Spotlight Brief #1

AFAP



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Army Family Action Plan

How has AFAP impacted you?

1984 - Established standards for Army child care

1997 - Better Opportunities for Single Soldiers (BOSS)
Program

2002 - Established Military Thrift Savings Plan (TSP)

2004 - Reformed military pay table (targeted pay raises)

2006 - Extended educational benefits for surviving spouses

2008 - Increased military annual leave carryover from 60 to
75 days

2009 - Mandates no more than in-state tuition for military
personnel and dependents



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Army Family Action Plan

Work Groups

1. Benefits and Entitlements
2. Family Support
3. Force Support
4. Employment
5. Housing and Facilities
6. Medical and Dental



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Spotlight Brief #2

Joint Spouses' Conference 2013 Registration



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Come join us on October 5, 2013 at Schofield Barracks for the
Joint Spouses' Conference 2013: Operation HOOAH!

There are new adventures to be had in our workshop offerings, a
phenomenal keynote speaker, excellent networking opportunities and a
wonderful Information Expo!

Sync your watches for the mission!
Registration Opens
12 August at 1900hrs (7:00pm)
www.jschawaii.com



*Please visit us at www.jschawaii.com or on Facebook
for more information.*



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Spotlight Brief #3

CSF2 Training Center



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Mission and Vision

Mission

Execute Comprehensive Soldier and Family Fitness (CSF2) program IOT increase the physical and psychological health, resilience and performance of Soldiers, Families and Army Civilians.

Vision

A Total Army team of physically healthy and psychologically strong Soldiers, Families and Civilians whose resilience and total fitness enables them to thrive in the military and civilian sector and to meet a wide range of operational demands.

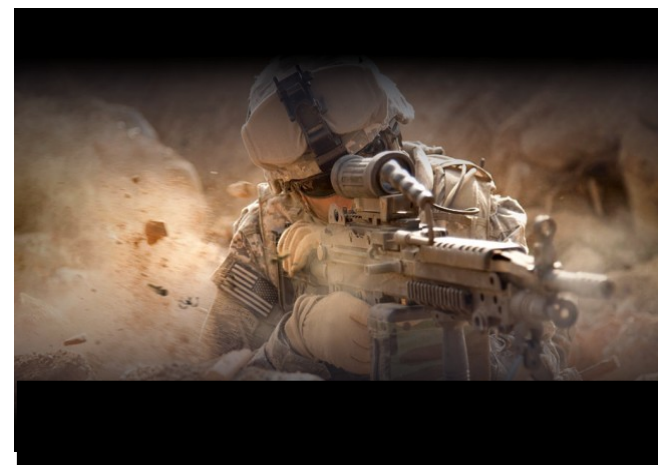
Resilience and Enhanced Performance



Resilience is closely linked to

Performance.

Performance is one measure used to assess an individual's level of resilience. A resilient individual is better able to leverage mental and emotional skills and behavior that promotes optimal human performance.



RESILIENCE:

When faced with stress and/or adversity, resilience is a key factor in the mental, emotional, and behavioral ability to cope with and recover from the experience, achieve positive outcomes, adapt to change, stay healthy and grow from the experience.

ENHANCED PERFORMANCE:

Mental, emotional, and physical skills and health that generate optimal human performance. Performing at your best when it matters most -- in combat, healing after injury, or managing work and/or home life.



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ARMYFIT™

Building Resilience ★ Enhancing Performance
Presented by Comprehensive Soldier and Family Fitness

Live well



Learn the keys to success for living a healthy lifestyle, starting with learning your RealAge® and the Global Assessment Tool 2.0, custom programs, access to expert answers, and a whole suite of tools within ArmyFit.

Connect



Connect with others with similar interests, whether they are Soldiers, family members, or DA civilians. You can also connect with a wide range of experts, including doctors, trainers, and dietitians to get answers to your questions.

Succeed



Double your chances of success by using ArmyFit's custom programs, including weight loss and sleep. Participate in healthy challenges by logging your weight, activity, calories, and sleep to count your way to your goals.



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Master Resilience Training Course



L I F E S K I L L S

Activating Event-Thoughts-Consequences

Avoid Thinking Traps

Detect Icebergs

Problem Solving

Put it in Perspective

Mental Games

Real Time Resilience

Identify Strength in Self and Others

Strengths in Challenges and Leadership

Active Constructive

Responding/Effective Praise

Assertive Communication

Hunt the Good Stuff

Energy Management

Goal Setting



CSF2 Training Centers



Goal Setting

goal setting principles to plan, execute, and persevere to achieve excellence

Building Confidence

practical and effective thinking techniques that develop, sustain, and protect confidence in any situation

Attention Control

direct, sustain, and shift attention on demand for greater concentration and mental agility

Energy Management

energy management techniques that produce composure under stress, sustain energy, and maximize recovery

Imagery

practical imagery techniques to enhance skill development, tactical intuition, and instinctive



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Spotlight Brief #4

Health Fair / Promotions / Clinic Update

(Discussion Only / No Slides)



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Spotlight Brief #5

NIXLE
(Reverse 911 Alert Service)



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nixle

Emergency Alerts

Lacey Justinger

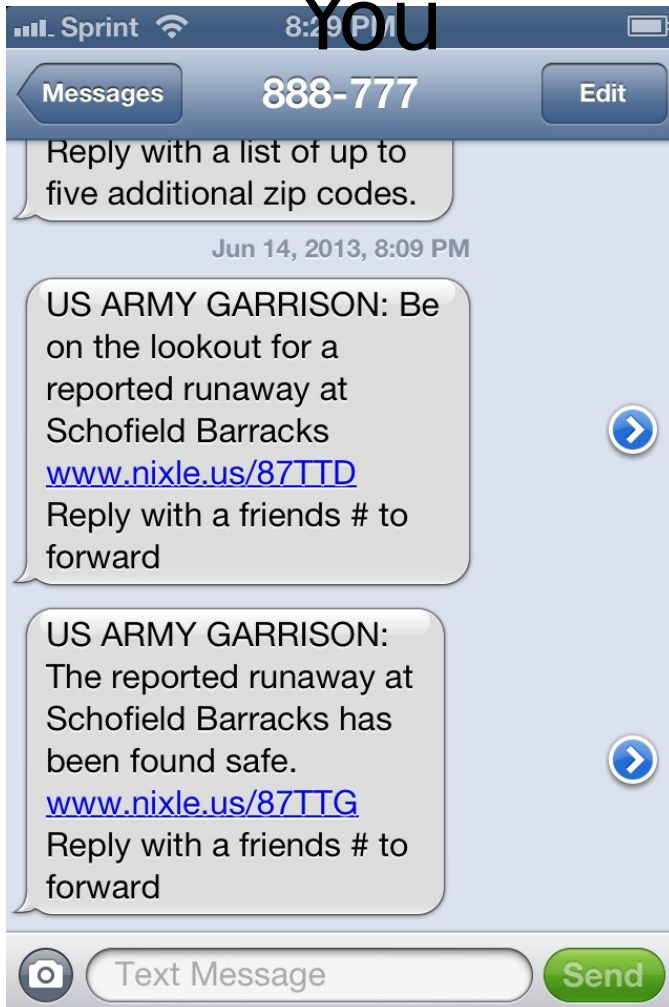
U.S. Army Garrison-Hawaii Public Affairs



SIM



Text and Email Alerts Sent To You



Sign up on the Garrison Website

Sign up for alerts from the

U.S. Army Garrison-Hawaii Emergency Response

& other public safety agencies in your area.

Mobile Number:

Public safety text n.

Email Address:

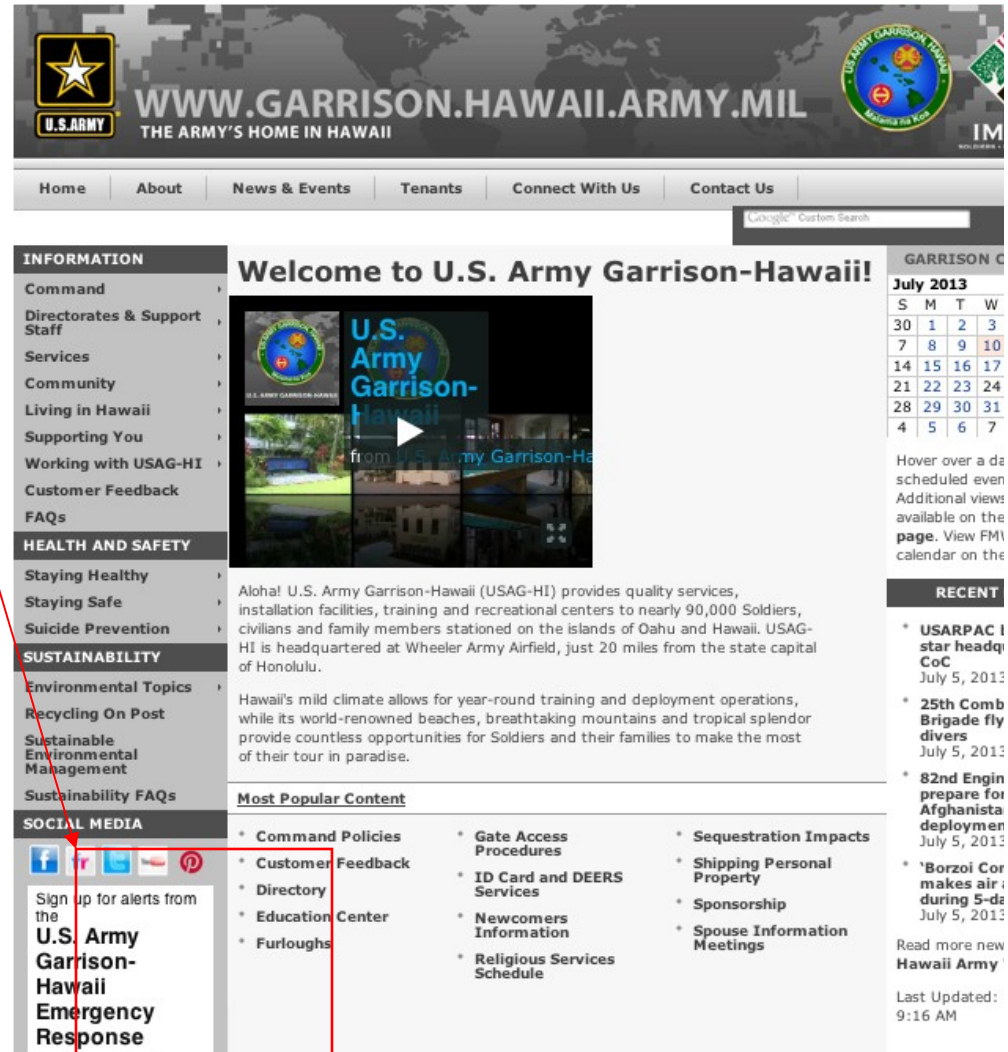
Public safety email

Zip Code:

Selects messages :

☐ I accept the [Terms and Conditions](#) and [Privacy Policy](#).

Sign Up!



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THE ARMY'S HOME IN HAWAII

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INFORMATION

- Command
- Directorates & Support Staff
- Services
- Community
- Living in Hawaii
- Supporting You
- Working with USAG-HI
- Customer Feedback
- FAQs

HEALTH AND SAFETY

- Staying Healthy
- Staying Safe
- Suicide Prevention

SUSTAINABILITY

- Environmental Topics
- Recycling On Post
- Sustainable Environmental Management
- Sustainability FAQs

SOCIAL MEDIA

Sign up for alerts from the **U.S. Army Garrison-Hawaii Emergency Response**

Welcome to U.S. Army Garrison-Hawaii!

Aloha! U.S. Army Garrison-Hawaii (USAG-HI) provides quality services, installation facilities, training and recreational centers to nearly 90,000 Soldiers, civilians and family members stationed on the islands of Oahu and Hawaii. USAG-HI is headquartered at Wheeler Army Airfield, just 20 miles from the state capital of Honolulu.

Hawaii's mild climate allows for year-round training and deployment operations, while its world-renowned beaches, breathtaking mountains and tropical splendor provide countless opportunities for Soldiers and their families to make the most of their tour in paradise.

Most Popular Content

- Command Policies
- Customer Feedback
- Directory
- Education Center
- Furloughs
- Gate Access Procedures
- ID Card and DEERS Services
- Newcomers Information
- Religious Services Schedule
- Sequestration Impacts
- Shipping Personal Property
- Sponsorship
- Spouse Information Meetings

GARRISON C

July 2013

| S | M | T | W |
|----|----|----|----|
| 30 | 1 | 2 | 3 |
| 7 | 8 | 9 | 10 |
| 14 | 15 | 16 | 17 |
| 21 | 22 | 23 | 24 |
| 28 | 29 | 30 | 31 |
| 4 | 5 | 6 | 7 |

Hover over a date to view a calendar of events scheduled even. Additional views available on the page. View FMV calendar on the page.

RECENT

- USARPAC I star headq CoC**
July 5, 2013
- 25th Comb Brigade fly divers**
July 5, 2013
- 82nd Engin prepare for Afghanistan deployment**
July 5, 2013
- 'Borzol Cor makes air during 5-day tour**
July 5, 2013

Read more new **Hawaii Army**

Last updated: 9:16 AM

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& 5,000 other public safety agencies [See how it works »](#)

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Text your **ZIP CODE** to **888777** for SMS notifications only [How?](#)



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Other

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Subscribe to the publishers you'd like to hear from and choose how their information reaches you.

AllAgenciesAssociationsBusinesses

Not finding what you're looking for? [Search for it here »](#)

| Subscribe to this Agency | Agency Name | Send all messages to my email address: | Send these messages to my mobile phone: |
|-------------------------------------|--------------------------------------------------------------------------|----------------------------------------|-----------------------------------------|
| <input type="checkbox"/> | Blue Alert News - National System | <input type="checkbox"/> | None |
| <input checked="" type="checkbox"/> | Department of Emergency Management | <input checked="" type="checkbox"/> | Alerts Only |
| <input type="checkbox"/> | The National Center for Missing & Exploited Children | <input type="checkbox"/> | None |
| <input checked="" type="checkbox"/> | U.S. Army Garrison-Hawaii Emergency Response | <input checked="" type="checkbox"/> | Alerts, Advisories, Community |



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USAG-HI Emergency Response alerts are based in the 96857 zip code

Locations

Main

Home

Add as many locations as you want – your house, where your friends and family live, your favorite places, or your hometown – anywhere in the country.

Main

[+ Add Location](#)

* Indicates required fields.

* Location Name:

* Address/Intersection:

* City:

* State:

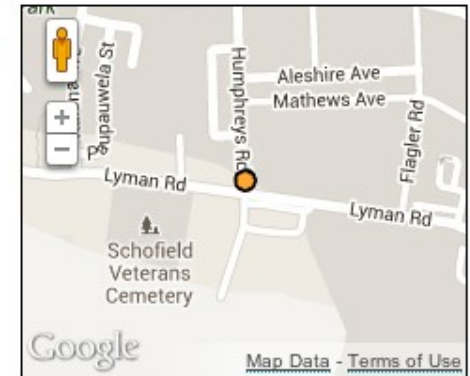
* Zip Code:

☐ Disable Email for this location only

☐ Disable SMS for this location only

☒ Subscribe to official government agencies

[Edit subscriptions for this location](#)



Cancel

Save



Examples of USAG-HI levels of awareness

Alert

Hurricane, tsunami, bomb threat, active shooter, terrorist attack, fire/threat that requires evacuation

Advisory

Traffic accident causes gate/road closure

Community

Missing child



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Google

nixle

Google Search

Search a location or keyword with an active Nixle alert, and the alert will be visible at the top of search results.

Google Maps

Search a location, and the active Nixle alert will be pinned to that geography.

Google Now

Android phones within the affected community will display the Nixle alert directly on the phone.



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USAG-HI



facebook®



Town Hall

1-2:30 p.m., Sept. 11

www.facebook.com/usaghawaii,
under “Events”



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Spotlight Brief #6

SOAR

(Discussion Only / No Slides)



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One Item of Interest to All (North Service Providers)

| | |
|-------------------------------------------------------------------|---------------------------------------------|
| 1 Directorate of Family and Morale, Welfare and Recreation | 12 Directorate of Emergency Services |
| 2 Army Community Service | 13 Family Housing (DPW) |
| 3 Child, Youth, and School Services | 14 Island Palm Communities |
| 4 Army Family Action Plan | 15 Schofield Barracks Health Clinic |
| 5 Army Family Team Building | 16 Solider Family Assistant Center |
| 6 Exceptional Family Member Program | 17 Fisher House |
| 7 School Liaison Office | 18 United Healthcare |
| 8 Hui O' Wahine | 19 Religious Support |
| 9 FRG/ Op Ready Programs | 20 Exchange |
| 10 Army Volunteer Corps Coordinator | 21 Commissary |
| 11 Armed Services YMCA WAAF | 22 Red Cross |



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One Item of Interest to All (South Service Providers)

- | | |
|-------------------------------------------------------------------|--------------------------------------|
| 1 Directorate of Family and Morale, Welfare and Recreation | 8 Island Palm Communities |
| 2 Army Community Service | 9 Tripler Army Medical Center |
| 3 Child, Youth, and School Services | 10 Fisher House |
| 4 School Liaison Office | 11 Religious Support |
| 5 Hui O' Wahine | 12 Exchange |
| 6 Armed Services YMCA AMR | 13 Red Cross |
| 7 Directorate of Emergency Services | 14 United Healthcare |



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SIM Topic Annual Planner

| JANUARY | FEBRUARY | MARCH |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <small>SOLDIERS • FAMILIES • CIVILIANS</small> Spotlight: SLO: Academic Testing /Scholarships (ie, VFW)/Hui`O Na Wahine Spotlight: DES: Crime; current service & support | SIM Spotlight: Tax and Financial Freedom SIM Spotlight: CDC (FAQ)/summer programs/Youth Employment TLM: VMIS (ACS Rep/Garrison VAC (Heather)FRG Symposium | SIM Spotlight: Family Advocacy Program/ Summer Programs/ Pre-PCS Move SIM Spotlight: Chaplain TLM: CDC, VMIS, FRG Survey Command Team Orientation |
| APRIL | MAY | JUNE |
| Spotlight: Tri-care (changes) Spotlight: Financial Readiness TLM: Social Media (Use and protect from) TLM: BN FRG survey analysis | Spotlight: Disaster Preparedness Spotlight: Recycling programs and the cost savings to MWR Spotlight: Joint Spouse's Conference Spotlight: Pre-PCS Theme TLM: 5 Oct 13 Joint Spouse's Conf/CSF2 & MRT TLM: 16 May 13 Social Media | Spotlight: Agency Briefs TLM: No TLM Scheduled |
| JULY | AUGUST | SEPTEMBER |
| o No SIM/TLM scheduled | Spotlight: AFAP Spotlight: CSF2 Training Center Spotlight: Joint Spouse Conference Registration Spotlight: Health Fair/Promotions/Clinic update TLM: Housing TLM: AFAP Q&A | Spotlight: LHS programs & activities (backpacks) Spotlight: FRG Symposium Spotlight: Army Wellness Clinic (AFAP) Spotlight: Post-PCS Theme TLM: TBD |
| OCTOBER | NOVEMBER | DECEMBER |
| Spotlight: Operation Home Front Spotlight: Christmas Program TLM: TBD | Spotlight: Facebook Town Hall Spotlight: AFAP Out-Brief TLM: TBD | Spotlight: ITR Spotlight: Hale Koa TLM: TBD |



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End of Brief

INSTALLATION MANAGEMENT COMMAND



“Sustain, Support and Defend”



Spouse Information Meeting (SIM)

August 2013

**Supporting each Warrior, Family and Community with
sustainable services, ensuring power projection
readiness from Hawaii**

We are the Army's Home



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Family and MWR August Community Programs

- August 3rd Ladies Golf Clinic @ Leilehua Golf Course
- August 9th Right Arm Night - “End of Summer” @ Hale Ikena**
- August 10th “Leilehua Summer Concert Series” @ Leilehua Bar & Grill**
- August 15th “Afterschool” at the Library @ SGT Yano Library
- August 15th Clay Hand Building Workshop @ SB Arts and Crafts Center
- August 16th Back to School Teen Social @ AMR Teen Center

Visit :

himwr.com

For additional information and other
programs





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Family and MWR August Community Programs

- August 16th Lei Making Workshop @ SB Arts and Crafts Center
August 24th “Grill Your Way Into Summer” Part III @ Tropic
Warrior Zone
August 24th “Wonderland Late Night” @ Tropics Warrior Zone
August 30th USARPAC Pay Day Scramble @ Nagorski Golf Course,
Fort Shafter
**August 30th Hawaiian Luau Lunch Buffet @
Kolekole Bar & Grill and Mulligan’s Bar & Grill**

Visit :

himwr.com

For additional information and other
programs





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Family and MWR August Community Programs

NEW Activities

NEW! Weekly Preschool Story Time @ SGT Yano Library

NEW! SKIES Unlimited Drivers Education Programs

NEW! CYSS SKIES Unlimited AMR Studio Now Open

NEW! Big Brother Big Sister Military Mentoring Program Registration @ CYSS School

Liaison Office

NEW! CYSS SKIES Unlimited FREE Classes for Teens @ Schofield & AMR

NEW! Drawing Classes @ Schofield Barracks Arts & Crafts Center

NEW! Taco Tuesday Night @ Kolekole Bar and Grill



BLUE STAR CARD - SPECIAL EVENTS & ACTIVITIES

August 26th

Bunco Night@ SGT Yano Library

Visit :

himwr.com

For additional information and other
programs



**END OF SUMMER:
FRIDAY, AUGUST 9TH
STARTS @ 4 PM @**



The U.S. Army MWR logo is a circular seal. It contains a globe and the text 'U.S. ARMY MWR' in the center. Around the perimeter, it says 'SOLDIERS', 'FAMILIES', 'RETIRES', and 'CIVILIANS'.
**Right
arm
night**

